



The
GRAPEVINE



Spring 2016

Volume 6, Issue 2

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Wine Tastings at the store
Join Anne each Saturday 1pm - 4pm in the Wine Cellar. "Taste often. Drink what you like" -Anne

Board meetings
Board meetings are open to all members. Ten minutes is set aside at the beginning of each meeting for comments and suggestions.

The Board meets at 6 p.m. on the third Thursday of every month at the Rosemont Retirement Center at 215 Killion Rd SE, Yelm, Wa 98597. The next Board meeting will be on Thursday, February 18th at 6pm in the Rosemont Retirement Center.

New Manager Brings Wisdom and Experience to Farmers Market

Heidi Smith

She's only been here a short while, but Suzanne Santos has already identified one key difference between Yelm and her former home of Austin, Texas. "The seasons are immediately noticeable," she

laughs. "In Texas, almost all of the farmers markets are year round."

As the new Yelm Farmers Market Manager, Suzanne has been learning the ins and outs of our local food system, and she's impressed. Because of the short growing season, Pa-

cific Northwest farmers have to be resilient, she notes. "I'm really amazed and in awe of how they make it work," she says. "They produce beautiful, tasty, nutritious fruit and vegetables in a short window of

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Give Your Patronage Refund Back to the Store for a Better Cooperative!

YFC Board of Directors

For the third straight year, the Yelm Food Cooperative Board of Directors has approved a patronage refund for qualifying members based upon purchases made in 2015. We have remained profitable, but our

cash flow has been pinched lately for a number of reasons. One example is, due to our increase in sales by nearly forty-five percent since 2012, almost twenty-thousand dollars of our net revenue has gone into an increase in inventory in order to accommodate this

growth. Consequently, the disbursement total for this year's refund is smaller than in the previous two years. The formula and method applied have also changed, but it is still based upon the model that the more you

See Rebate, page 8

General Manager's Report



Barnaby Ulrich Rintz
General Manager

Spring tends to be the most consistently busy season of the year for us. In contrast, January and February are usually two of the slowest months. So we basically quickly transition from slow to fast at this time. With that in mind, we are, and have been, working hard to adjust our product line in order to prepare. This year, we still have high hopes to provide more services that would include in-house production of food and beverages before the close of 2016. Currently, however, we still have some obstacles to overcome before this remodel becomes a reality.

We have begun to strongly favor local products as a means to better differentiate us from our national competitors. Thurston County, Washington State, and The Pacific Northwest all have great companies producing healthy yet tasty products that meet the non GMO and other criteria that we use when deciding what we add to our product line. Right now, we are researching local cosmetics companies in an effort to bring something completely new

to the table. Imagine having access to hypoallergenic beauty supplies that you can test before you buy without the suspicious and potentially dangerous chemicals found in most major cosmetics brands. In fact, it appears that there are currently nearly 800 different natural cosmetic brands in the continental United States. Yes, that does mean that there are several companies here in Washington that could be excellent matches for our store.

We hope that very soon we will either already have a great display of local cosmetics out on our floor or that we will be close to it. Unlike the addition of a fresh deli, meat department, bakery, and juice bar, the cosmetics line would be far less expensive for us to implement and it could potentially bring us new revenue to help bring the dream of the remodel closer. But we also are pushing hard to offer a great variety of other local products that include everything from ready-to-eat meals to fantastic "homegrown" commodities with the help of many different sources, including our wholesale partner, Hummingbird. As we emphasize the featuring of more and more local goods, we believe that the customer approval of our little store will increase dramatically to the point that it will resonate with better sales and increased traffic.

The end of winter also involves a change in per-

spective from looking inward to looking outward. It is almost like we wake up one day and say, "Wow! This house needs a real cleaning!" Then the cleaning begins. All of that hard work transitions to getting a rewarding meal, which moves us out of the house and into the great outdoors. In no time, the appeal of blooming plant life and animated creatures outside draws us far away from our once comforting abodes. Then we get home and realize that the outside of our residence needs as much work as the inside. Time to get more elbow grease out!

It takes Yelm Food Cooperative (YFC) more than just a season, and sometimes more than a year, in order to transition the products and services that we provide. The wheels continue to turn in a very

positive direction with bumps and potholes on the way. On the other hand, YFC still represents as the place where dreams become reality no matter what odds get stacked against us. From a tiny store without enough room, to a new location just waiting for more development, YFC truly demonstrates how a strong community can execute a wonderful vision. From safe cleaning supplies to compassionate eating habits to money back in the form of store credit (not a guarantee – please read the rest of this issue) we hope to impart our sense of what neighborhoods can accomplish. We hope to continue to inspire and impress! Please join me in celebrating our ninth anniversary in spirit by stopping in to say hi and maybe picking up some goodies for the ride home!

2 styles of classes!

Gentle Restore Class

& Heated Core Class

FIRE WITHIN
YOGA

Jessica: firewithinyoga@gmail.com

Keep Those New Year's Resolutions and Kickstart Your Immune System with Herbs

Heidi Smith

As winter turns into spring, our resolve may be starting to waver around all of those great resolutions we made at the beginning of the year. Losing weight, stopping smoking, drinking less alcohol, exercising more, being kinder to our dog/ neighbor / spouse – are all worthwhile goals, and all are based around habits that can be hard to break unless we have an effective strategy in place.

While individual herbs may not be the answer to specific habits, different herbs can help with managing the stress that accompanies change, says Dr. Glenn Nagel, lead Naturopathic Doctor at Oregon's Herb Pharm. "We have 170 products in different combinations," he says "We can't diagnose or treat people, but we can provide nutritional support for what you're trying to achieve."

This is also the time of year that nasty colds and flus can circulate in the community - in fact, a particularly unpleasant strain has been making the rounds for the past month in Thurston County. For those who appreciate natural remedies, Dr. Nagel also has recommendations.

The Yelm Food Co-op carries the following Herb Pharm products that can be helpful in supporting immune systems and dealing with stress:

Echinacea

Native Americans have long known the value of this 'superhero' herb, and used it for everything from life-

threatening illnesses to snakebites. "They would take the root and chew it, suck the juice out of it and put in on snakebites," says Nagel. "They survived."

After early settlers were introduced to the herb, it developed into a best-selling remedy in 1905 among physicians of the day who were trained to use botanicals. Later its popularity declined, only to resurface in the 1980's. "Now studies show that it supports the upper respiratory tract during the winter," says Nagel. "It has strong anti-inflammatory and anti-microbial aspects."

Goldenseal

Like echinacea, goldenseal is a native plant, but grown on the opposite coast in the Appalachian forest. Its name comes from its golden root, which is due to several types of alkaloids. It is also known for sustaining the respiratory tract and its antimicrobial effects. "It's the king of the mucus membrane tonics," says Nagel. "It works with the eyes, nose, throat, and lungs." It can be taken as a tea or in an extract for gargling.

Goldenseal contains secretory IGA, an immune globulin which flushes mucus, Nagel explains. "It helps to make new, immune-rich mucus that will suppress infection."



Stress Manager

"This is one of our better sellers," says Nagel. It combines rhodiola, reishi mushroom, the holy basil leaf, eleutherococcus and schisandra. "Eleutherococcus comes from Russia and northern China," he says. "It's a root bark that is considered to be an adrenal and immune support."

What makes rhodiola unique is that it deals with stress "but also provides cognitive and mental clarity support," he says. "It boosts energy and adrenals while helping people focus and remember more."

The reishi mushroom provides strong, long-term immune support. "It is considered by the Chinese to be an herb of immortality," says Nagel. "It's used to help stress diseases and cardiovascular diseases and provide blood pressure support."

Holy Basil is a leaf grown in India. "It contains eugenol, which tastes like cloves and makes a really

pleasant tea," says Nagel. It is considered sacred by Hindus and used to support natural fertility, concentration, and memory.

For endurance, muscle recovery and optimal oxygenation of tissues, schisandra can help. The Chinese berry also provides liver support, says Nagel.

Adrenal Support

Adrenal support is similar to stress manager except that it contains licorice, says Nagel. "They can be used somewhat interchangeably but some people can't take licorice if they have high blood pressure."

Ashwagandha

The ashwagandha root is a traditional adaptogen from India and the Mediterranean that is in the tomato family. "The name is associated with the smell of a horse and it's supposed to give you the vitality of a stallion," says Nagel. "In the Indian model,

See Herbs, page 8

Introducing Woodside Farm Trading

Jutta Dewell

The Yelm Food Co-op is very excited to introduce our newest supplier of eggs - Woodside Farm Trading of Eatonville.

When Bonnie Lundquist showed up at the store wondering if we would sell her eggs, we asked a lot of questions: Like: "What do you feed your chickens?", "Is there GMO in the feed?", "Are they really free-range?"

The answers were exactly what we were looking for.

The farm itself has 10 acres which provides plenty of room for (at present) 4 roosters and 48 laying hens, and more hens are planned for the spring. They have a luxurious coop built by Bonnie's husband with an outdoor run 52' x 16' wire covered to keep out predators, and high enough the birds can fly some. There are lots of pics on their Facebook page. They have a large out-

side area to roam in as well. There is a year round supply of kale that adds to the feed and is a great source, along with other natural food sources, of beta carotene that makes those yolks so orange!

The feed and scratch both contain organic grains and lots of mineral and vitamins and absolutely no GMOs.

Bonnie was asked how she got into the chicken and egg business. She wasn't asked which came first, but from her story it looks like the chickens! Here's what she put on Facebook:

"I was asked the other day how I got started...

My love for birds is one of my first memories as a child. I remember sitting and admiring them in amazement.

At about age 7 my girlfriend and I would seek out local farms, and ask if we could help with the animals. I was immediately drawn to the chickens. When I realized that they laid eggs you could collect every day like a treasure...I knew one day I would have my own chickens. As soon as I got my own home with some acreage, I went to the local feed store to get some chicks. They had seven chicks left; these were the ones that no one else had picked out. It was a mix of 4 different breeds, but I didn't



care because they were going to be mine!

3 Americana's, 2 Barred Rocks, 1 Golden Sexlink and a Black and White Polish.

It seemed like forever before they started laying, but when they did, I got the surprise of my life to see that Americana's laid green shelled eggs!

One of my dreams had come true!

That was 25yrs ago, and I am still in awe of opening up my nesting boxes, finding one of life's little miracles all preserved in its own package. Different shades of browns, tans and green, are for me, a treasure hunt every day!

Getting to sell my eggs at the local co-ops helps support my passion for what I love to do!

Thank you co-ops!"

Right now the demand is higher than the supply, but she hopes to double the number of hens and add a second coop eventually.

Two YFC staff members who have both raised their own chickens and several customers have said that these eggs are some of the best eggs they've ever had. We are sure that you will love them, too.

Woodside Farm Trading's eggs are available at your Yelm Food Co-op for \$6.50 per dozen.



Pizzeria

La Gitana

Wood Fired Oven

(360) 400 2929



Child Slave Labor: The Bitter Side of the Chocolate Industry

Heidi Smith

The truth about chocolate is not so sweet.

In 2015, three California residents filed a lawsuit against three of the world's largest chocolate manufacturers, alleging that Nestle, Hershey, and Mars are guilty of false advertising for not disclosing the use of child slave labor on their packaging. Their failure to do so made their customers unwitting supporters of slavery, the lawsuit alleges.

What they are referring to are widespread child labor abuses in West Africa, which supplies over 70% of the world's chocolate. A report published by Tulane University in July, 2015 found that 2.1 million child laborers are working in cocoa production in Ghana and the Ivory Coast, an increase of 21% in just five years. It also found a 46% increase in the number of children working in hazardous conditions in the Ivory Coast alone during the same time period.

Those conditions include the use of machetes to pry open chocolate pods, which leave the majority of children with scars all over their bodies from inadvertent slips. In Ghana, children as young as ten wear no protective clothing while spraying highly toxic in-



secticides over crops.

Living conditions are often stark, consisting of windowless buildings and no sanitation or clean water. Children forced to habitually lift 100 lb. sacks are fed the cheapest possible food, such as corn paste and bananas. Ten percent don't attend school, in violation of the International Labor Organization's standards.

"America's largest and most profitable food conglomerates should not tolerate child labor, much less slave child labor, anywhere in their supply chains. These companies should not turn a blind eye to known human rights abuses, especially where the companies consistently and affirmatively represent that they act in a socially and ethically responsible manner," the lawsuit maintains.

While the average person may not want to take on huge

conglomerates in court, there are simple actions we can take to combat such practices, like looking for chocolate that is one of the following: single-origin, bean-to-bar, or bearing a third-party verified label ensuring ethical production practices.

At the Yelm Food Co-op, the chocolate we carry comes through humane and sustainable practices and is sourced from small farms around the world. **Stirs the Soul** Conscious Raw Chocolate comes from Ecuador and the Dominican Republic. "We had to search," says co-owner and chocolate maker Daren Hayes. "I have a friend who travels the world and brings back cacao from different sources."

Seattle-based **Theo Chocolate** was the first organic, fair trade certified bean-to-bar chocolate in the United States, and remains committed to deliberate and thorough stew-

ardship at every stage in the agricultural and manufacturing process. They strive to be the most progressive chocolate maker in the country, according to a spokesperson.

Although they've received almost every other certification imaginable, including non-GMO, Verified Vegan, Green American Business Network, and Certified Kosher, **Righteously Raw Chocolate** says they prefer to put the thousands of dollars they would spend toward a Fair Trade certification directly into the pockets of the people they advocate helping. According to Dan England, Vice President of Sales, all of their beans are sourced from small organic farms in South America.

As actions like the lawsuit brought in California continue to bring awareness to the dubious origins of our sweets, more of us can vote with our pocketbooks - for change.

Sources:

The Daily Beast. 09/30/2015 "Lawsuit: Your Candy Bar Was Made by Child Slaves" Abby Halgauge www.thedailybeast.com/articles/2015/09/30/lawsuit-your-candy-bar-was-made-by-child-slaves.html

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The Huffington Post 10/31/2015 "Chocolate and Child Slavery: Just Say No to Human Trafficking" Amanda Gregory www.huffingtonpost.com/amanda-gregory/chocolate-and-child-slave_b_4181089.html

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Spring Cleaning

Debbie Burgan

It's that time again. Fortunately, the weather is getting beautiful which improves the mood to clean. Cleaning for me is doubly important this year because I have a lot of spring cleaning to do. I'm

moving to a different house so the house I'm moving out of will need to be deep cleaned. With that daunting task ahead, I decided to take a look at the products Yelm Food Coop carries to help me get everything done.

Interestingly, I discovered

that we carry *great* cleaning products that are made here in the Pacific Northwest *and* they are dedicated to a clean and healthy environment. Here are a few of the companies dedicated to leaving a clean footprint on our planet.



biokleen

commitment, all Biokleen products are free of phosphates, chlorine, ammonia, petroleum solvents, alcohol, butyl, glycol ether, brighteners, artificial colors, artificial fragrance. We believe that a house free of toxins is a home full of love.

BIOKLEEN – Vancouver, WA

At Biokleen, we've built our legacy on highly effective cleaning products that don't use—and don't need—

toxic chemicals. Initially founded to make plant-based, non-caustic cleaners for professional services and janitors, we bring those same powerful formulas to families and homes across America today. As part of that

ECOS

EARTH FRIENDLY – Lacey, WA

Family owned and operated since 1967, we are a team of mothers, fathers, chemists, visionaries and pioneers who passionately uphold the idea that everyone should have access to delightful, affordable cleaning products.

COUNTRY SAVE

COUNTRY SAVE – Arlington, WA

Country Save is proud to have earned the recognition of the U.S. EPA's Safer Choice Program and we proudly put this logo on all of our powder products! We use effective, eco friendly and safe ingredients that are biodegradable.

I have used many of these products. One of my favorites is the BioKleen BacOut Floor Cleaning which is hands down, the best for cleaning carpets and getting odors and stains out. Another popular product is their Dishmate line that comes in many scents. Their dishwashing powder and/or gel are also great products.

Another great product I have recently discovered is **Dr. Bronner's Sal Suds** biodegradable cleaner.

DR BRONNER'S

Dr. Bronner's - Customer Service in CA

Today, Dr. Bronner's continues its mission and commitment to building an engine for promoting and advancing positive social change. From pioneering USDA certified organic personal care products, to creating Fair Trade projects across the world that ensure fair and just treatment of farmers and workers, to creating a socially responsible workplace here in the U.S., we strive to honor our heritage with progressive business practices, while devoting profits to worthwhile causes and charities worldwide.

Dr. Bronner's Sal Suds Liquid Cleaner is not soap but instead is a concentrated hard-surface all-purpose cleaner. It is made with plant-based surfactants and natural fir needle and spruce essential oils (no cheap, harsh pine stump oil), without any synthetic dyes, fragrances or preservatives. Perfect for general household cleaning (dishes, floors, laundry, etc.), it cleans and rinses with exceptional power, yet it is mild and gentle on the skin. Sal Suds Liquid Cleaner is equally effective in hard or soft water, rinsing freely, hot or cold. It is 100% cruelty-free, as certified by the Coalition for Consumer Information on Cosmetics, and it will biodegrade rapidly after doing its job. Check out the Sal Suds Dilution Cheat Sheet at this link: www.lisabronner.com/sal-suds-dilution-cheat-sheet Many of these products will be on special in the Month of April so take advantage of the savings. Happy Cleaning!

Save When You Buy in Bulk

Did you know? As one of the benefits of being a member of the Yelm Cooperative you can save big bucks when you make bulk purchases through the Yelm Food Co-op's Buy Club. Anything that we have in the store, and thousands of things that we don't stock, can be ordered through one of our suppliers.

Order forms are available at the Food Co-op, or on our website, yelmfood.coop. Buy in Bulk and Save!

Wine Cellar of Yelm

Wines From Around the World

WHAT'S NEW IN THE SHOP

ORGANIC CLEAN AND BEAUTIFULLY MADE WINES:

Aubai Memma from Languedoc France FROM THE EXTRAORDINARY MARK HAYNES!

Lunatico: 100% Grenache. Hand made following the Bio-dynamic calendar and lunar cycles. Incredibly delicious, unfiltered, all natural yeast fermentation. Pure. \$40.99

La Douzieme: A Northern Rhone blend of Syrah and Viognier. It's a doozy for sure. Powerful, bold yet smooth. Scrumptious. \$24.99

Liverna: 70% Grenache/30% Cabernet Sauvignon. Rich red wine. Full bodied, smooth tannins. Perfect companion to meat. Delicious. \$16.99

L'Insoumise: "One who will not be subjugated". That says it all. Haynes breaks the rules making this 100% Carignan. Simply splendid. \$19.99

Albion: A supple white blend of 50/50 Viognier & Chardonnay. Floral, fruity, round and full with long finish. Lovely. \$18.99

Domaine Julien Masquin from Rhone, France

FROM WINEMAKER JULEN MASQUIN. TWO GENERATIONS TENDING THE ESTATE VINES, BALANCING TRADITION WITH INNO-VATION.

"Humeur" Cotes du Rhone: 75% Grenache and 25% Syrah. Ripe plum and floral nose, and I'm lovin' it. The palate is ripe, huge and balanced, with a long, long finish. \$17.99

Memora" Chateneuf du Pape: 70% Grenache and 30% Syrah. Pretty, easy blackberry aromas. Supple black fruit and herb palate. \$40.99

"Montplaisir" Chateneuf du Pape Blanc: 70% Grenache & 30% Bourboulenc. Peachy and grapefruity nose with an apricot and white, ripe fruit palate. A complex & elegant wine with hints of honey and lime. Superb. \$40.99

UNIQUE REDS:

LOCAL & EXTRAORDINARY WINES MADE BY WOMEN!

DaMa Syrah from Walla Walla WA \$25.99

One of the most delicious syrahs you'll ever taste. I'm amazed at its low price for the divinity in this bottle. Rich, Elegant and Silky. You'll crave more.

Marcus Sophia Liberty Ridge blend Horse Heaven Hills \$39.99

Made here in Graham Washington. This boutique winery produces some of the finest wines Washington has to offer. We also carry the Cabernet Sauvignon and the last few bottles left on the planet of 2009 Merlot. Extraordinary indeed.

WHAT'S HAPPENING AROUND THE SOUND

2016 HOME & GARDEN SHOW. IT MAY BE EASIER THAN YOU THINK TO TASTE ALL

THOSE FLAVORS IN WINE!

At this year's show, Anne Marsh will present "How to distinguish flavors in wine". Come out for a fun and tasty presentation using French and American Oak teas!

I'll teach you how to taste the most common flavors in popular grape varieties.

-Anne Marsh "Virtuose de Vin"



Wine Cellar of Yelm...Wines from around the World.

Best Wine Shop
2015 King5 Best of Western
Washington 4th place
2014 Best of Nisqually 1st place

A TASTE OF THE WORLD HERE AT HOME...

Join Anne each Friday from 2 to 7
 p.m.

& Saturdays from Noon-4
 at the Wine Cellar of Yelm
 Inside the Yelm Food Co-op

*"Taste often. Drink what
 you like."*

Herbs From page 3

it's often boiled in milk and drank." The extract is used to enhance moods and endocrine function and support a healthy thyroid. "It's calming and relaxing," he says.

Kava

The root of a Polynesian herb comes from the pepper family. The extract is 85% alcohol, and is helpful in supporting healthy muscle tone and managing stress and anxiety. "It works really quickly," says Nagel. "It's kind of like a day at the beach."

Kava does come with a warning, he adds. "There's a history of liver problems based on some studies that show it can be an issue. It's probably best not to take it long term."

Anxiety Soother

Herb Pharm offers a blended formula that includes kava but mixes it with passion flower leaf, albizia, bacopa, and lavender. "It

provides broad spectrum support for mild and occasional anxiety," says Nagel. "Bocopa is more for mental focus and brain health. It helps to be calm and alert. The lavender flavor cuts the pepper in the kava."

Good Mood

Like its name, this formula promotes a healthy mood. It contains ashwagandha, St. John's Wort, skullcap, and prickly pear and helps with stress, poor sleep, and bad moods. Nagel emphasizes that St. John's wort by itself should not be taken with prescription drugs, because it can reduce by up to 50% the effect of the drugs. "If you're taking antibiotics, you want them to work," he says.

Smokers Replacement

For those attempting to quit smoking, Smoker's Replacement contains green oats, which function as a nervous system tonic, and lobelia. "Lobelia has alkaloids that are similar in structure to nicotine," says Nagel. "They affect the receptors and give people a calming and relaxing sensation. You can take up to a dropper full when you feel the desire for a cigarette."

Lung Expectorant

This product support healthy expectoration and immune response, and can also be helpful for those attempting to quit smoking. It contains yerba santa, usnea, thyme, lobelia, and ginger which loosen and promote release of mucus.

Rebate

From page 1

purchased, the greater your refund. So you'll see that this year, all refunds will be disbursed by means of store credit.

But we want to give you another option.

The International Cooperative Alliance developed the *7 Principles of Cooperatives*. #3 governs use of the Co-op's money and supports the idea of patronage refunds.

"Members allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership."

Based on that principle, would you like to reinvest your refund back into the store so we can continue to

make our store a great place to shop for healthy, natural food?

If so, you can be reassured that all refunds will be used exclusively for the purpose of improving our equipment infrastructure so we can continue to offer you a wonderfully evolving Co-op!

As funds become available, the first action we will take is replacing the two door freezer that stopped functioning four months ago. The over \$3,000 currently allocated to patronage refunds would greatly decrease our need to use a loan for this piece of equipment and others we would like to purchase.

Here's how it works: When you come to the cash register and the cashier mentions your patronage refund, you can say, "Reinvest my money back into my cooperative!" We will take care of the rest and give you a heartfelt "THANK YOU!"




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Manager From page 1

time - and the community buys them.”

Suzanne brings a wealth of experience to the role, managing not only multiple markets in Austin but also serving as Executive Director of the Sustainable Food Center, an organization that works with all three ‘legs’ of the food system. “If you think of it as a stool, the legs are gardening, cooking, and farm direct sales,” she explains. “We worked on all three, and would facilitate farmers selling directly to institutions, as well as setting up smaller neighborhood markets for clients that had traditionally been underserved.”

Experience has taught her the importance of including the community in conversations about sustainability. “Do

a check in with the stakeholders,” she says. “It helps to do an assessment of their needs and ideas of what a healthy community looks like. Have workshops at assisted living centers, go to where youth and parents are congregating.”

In the past several weeks she’s had the opportunity to meet local business owners and sponsors, and finds the business community very supportive as a whole. “There’s a direct and enthusiastic buy in by the small businesses to support our Farmers Market and other things like Dollars for Scholars,” she notes. “It makes a huge impact to get that support.”

Before moving to Austin, Suzanne spent several years as a hillside agriculture Peace

Corps volunteer in Honduras and later trained agriculture volunteers in Costa Rica. Regardless of where they live, farmers are change agents in their communities, she says. “It’s important to understand their struggles and achievements. The most important part of my job is getting customers to be aware of the great things they have to offer,” she explains. “I can be their advocate, and they can have enough confidence in me to know that I can bring them customers. We can do this together.”

This year the market will be opening on Sunday, May 22nd, a day Suzanne is already anticipating. “I’m looking forward to watching it unfold,” she says. “You can see it blos-



soming every Sunday morning as the tents pop up in a festival-like setting. The music starts and you smell the coffee and you can hear the kids chattering away and listen to farmers exchanging recipes or cooking methods with somebody who doesn’t know how to cook a kohlrabi. That’s when it all comes to fruition.”

Patronage Refund Procedure

The concept of a patronage refund is unique to cooperatives and is recognized by the IRS. The idea is that since members of a cooperative are like owners, they should benefit when the business does well, i.e. it makes more than it spends. That amount is called “net income” and cooperatives can give a portion of it back to its members.

The process for the YFC begins when the bookkeeping is finalized for a business year (in the case of the YFC that is Jan-Dec) and the General Manager determines what the net income is. He then considers how much of that income should be reinvested in the store and makes a recommendation to the Board of Directors as to the amount that should be paid out in patronage refunds.

There are many reasons for not paying out all of the net income. Among them is reinvestment in the store by purchasing equipment like freezers or refrigerators, scales, produce cases, etc. Some co-ops want to build a reserve fund as a fall back for rainy days. And this is all in keeping with the *7 Principle of Cooperatives* put together by the International Cooperative Alliance in 1995 which includes “allocating surpluses for developing the cooperative”. This is the same as a business owner reinvesting in their own business and not taking all the net income out for personal use.

When the Board of Directors approves the amount then the refunds are calculated. The process begins with calculating the percentage of total member sales. That percentage is then applied to the amount to be paid out as a store credit. Here is an example of how it was calculated for 2015’s refunds which are being paid out in 2016.

Total sales of all YFC members = \$628,355.65.

Total net income = \$13,450.00.

Total amount available for refunds = \$3,500.00.

The amount member “Hans Muller” spent in 2015 = \$2,300.00.

“Hans Muller’s” purchases as a % of total sales of all members = $\$2,300.00 / \$628,355.65 = 0.37\%$.

“Hans Muller’s” patronage refund = 0.37% of $\$3,500.00 = \12.81 , paid as a store credit.

In addition to the amount that is withheld from patronage refunds, members can contribute some of their refund to the cooperative to help further with expansion or infrastructure improvements or reserve funds.

Opening Day



“Be at our farmers market on the opening day, Sunday, May 22nd, from 10am until 3pm on the Nisqually Springs Farm at 17835 SR 507 between Yelm and McKenna. Stop by every Sunday until the last market date on Sunday, October 16th! Check out our website: yelfarmersmarket.com for more information about volunteering, becoming a vendor, or what we will have available for our wonderful shoppers!”

Vegan Corner: Beyond Beef

Lee & Eleanor Israel

A few interesting VEGAN facts for you in this issue. Former McDonald's CEO Don Thompson is flipping a new type of burger — one made without meat. Beyond Meat is a California startup that wants to replace beef and chicken with its vegan alternatives, says the longtime McDonald's executive has joined its board. The company is part of a wave of startups that say they want to recreate foods like eggs and meat with plant-based ingredients, which they say are gentler on the environment. Thompson's teaming up with Beyond Meat comes after he stepped down as head of McDonald's Corp. in March after nearly 25 years with the company. The departure came as the world's biggest burger chain struggled with sagging sales and declining customer visits and sought to shake up its business. As part of the separation with McDonald's, Thompson agreed to extend his non-compete agreement to two years, according to a filing with the Securities and Exchange Commission. The agreement also said McDonald's would pay Thompson \$3 million for a year of his consulting services. The work with Beyond Meat doesn't interfere with Thompson's agreement with McDonald's, a McDonald's representative said. Beyond Meat said Thompson, 52, was not available for an interview. "We look forward to working with Don to bring our plant-based meats to consumers here in the United States and abroad," Beyond Meat founder and CEO Ethan Brown said in a statement. Beyond Meat, based in El Segundo, California, also ap-



pointed board member Seth Goldman as executive chairman. Goldman, 50, is the co-founder and CEO of Honest Tea, which is owned by Coca-Cola Co.

Now we have VEGAN beer! If you've ever been to the British Isles, you know that "real beer" is served warmish. What you may not know is that it is also filtered using a byproduct of fish membranes, called isinglass. Isinglass is the dried out part of freshwater fish's bladders that, when treated, separates out unwanted solids and particulates in substances like beer. According to Smithsonian Magazine, many "real ale" cask beers have been using isinglass for over 100 years, even though today it is not really needed. But in recent years, vegetarians and vegans have begun complaining that such ales are not friendly to them — any animal product used to create a food, even if it's not being directly consumed, is seen as taboo. So

now Guinness is pledging to abandon the process starting next year. "Whilst isinglass is a very effective means of clarification, and has been used for many years, we expect to stop using it as the new filtration asset is introduced," a Guinness spokesman told *The Times of London* according to *The Independent*. They did not say what the material would be. Another common "clarifying" agent is derived from seaweed. Leading the campaign to have the company abandon isinglass was a site called Barnivore, a vegan beer, wine and liquor advocacy/watchdog group. For almost a decade, they have been corresponding with the Guinness and its parent company, Diageo, about the substance's use. This weekend, they posted a link to the latest news on their Facebook page stating, "The vegan alternative to Guinness may soon simply be... Guinness".

The Herbivorous Butcher is coming to town! The

vegan butcher shop is set to open its doors next month and is currently conducting a limited pre-sale with nationwide shipping in February. The shop will offer a selection of seven vegan meats for you to order in any combination of four, five, or six items. Listen up, people: The choices include a Porterhouse Steak, Italian Sausage, Smoky House Ribs, Maple Sage Breakfast Sausage, Pastrami, Sriracha Brats, Korean Ribs, and a Jerky Sampler. Phew, that's a vegan mouthful! The shop is run by sister and brother Aubry and Kale Walch (yes, his name is Kale), who have spent the last several years perfecting their delicious vegan meats. Products from The Herbivorous Butcher are always small-batch, locally sourced, and all-natural. Chock-full of protein and B vitamins, fresh, and flavorful, they give you all the taste without the cruelty.

Check it out - more and more consumers are demanding change and change is happening in the meat-eating world. There *are* tasty cruelty free alternatives.

Eleanor and Lee

WINE TASTINGS AT THE STORE

"Taste often. Drink what you like." — Anne

*Join Anne each Saturday
from 1-4 p.m. in the
Wine Cellar.*

*It's fun. It's casual. It's tasty
and no one ever left sorry that
they visited.*

Why Raw Chocolate is Good for Your (Sweet) Heart

Heidi Smith

During the week of Valentine’s Day, Americans bought 58 million pounds of chocolate. What they may not realize is that not all chocolate is created equal; most commercial bars contain high amounts of sugar, milk, saturated and hydrogenated fats, and flavorings.

On the other hand, raw chocolate, which is never heated above 113 degrees Fahrenheit (45 degrees Celsius) contains more than 300 nutritional compounds and is rich in magnesium, heart-healthy fats, and other essential minerals.

To continue this sweet holiday into springtime, explore the raw chocolate options the Yelm Food Co-op has to offer.

Stirs the Soul Conscious Raw Chocolate

At Stirs the Soul, cacao is sourced from organic, fair trade family farms in Ecuador and the Dominican Republic and is stone ground. “It’s minimally processed, so the choco-



late preserves beneficial heat-sensitive properties,” says Daren Hayes, co-owner and chocolate maker.

Their products use five different sweeteners and have a low glycemic index. “Our sweeteners are carefully chosen after a lot of soul searching,” says Hayes. “People with food sensitivities seem to be very attracted to it because of their challenges. We avoid a lot of common allergens like soy, dairy, gluten, nuts, sunflowers, and sesame seeds.” Flavorings include lavender, orange, cayenne, goji berries, and cinnamon.

Righteously Raw Organic Raw Chocolate

All of the cacao at Righteously Raw comes from pro-

proprietary small organic farms in South America. “In the cooking process, we never let it reach over 107 degrees,” says Dan England, Vice President of Sales. “The longer process helps to preserve the antioxidant rich properties of cacao.”

Instead of white sugar, the company uses organic raw agave as a sweetener. All products are certified organic, non-GMO, gluten free, vegan, and kosher. The inspiration for Righteously Raw came from Earth Source Organics President Audrey Darrow’s battle with cancer and subsequent search for high frequency foods that could aid the healing process.

Check out all the chocolate choices at the Yelm Food Co-op. Your (sweet) heart will love you for it!

Did you ever play “Store” as a kid?

If you did, your YELM FOOD CO-OP offers you the chance to do it for real!

If you would like to be part of a big dream and want to help people change to a healthier lifestyle, work with great motivated people, gain some valuable experience and earn some cool benefits, come into the store and pick up a working member application form or download it from:

yelmfood.coop/working-member-application-form-2

If you have ever thought about volunteering for the good cause, this could be it!

We are looking for self-motivated people to support our beautiful store by filling the shelves, cashing out our members and customers, keeping our store clean and many other tasks that need to be done.

We are looking forward to meeting you!



Layout Design - Daniel Wyman
Grapevine Logo - Christina Maggio

Be part of The Grapevine!

The Grapevine has several volunteer opportunities available. Additionally, we accept advertisements, articles, and recipe submissions from all Yelm Co-op members. The Grapevine reserves the right to reject any submission and to edit all submissions for content and length if necessary. We appreciate your comments and suggestions.

Contact us by email at yelmfoodcoop@gmail.com

Working Computers

360-458-7430

New and Used Laptop and Desktops

Prompt Repair Service
Effective Internet Protection

Data Recovery Services
Networking
On Site Services
Lessons

Local References Available

Working-Members Needed

Looking to explore the opportunities available as a working-member of the Yelm Food Cooperative? The following positions need to be filled by working-members and qualify for discounts and other fabulous benefits.

Cashiers Strong communication and customer service skills, initiative, understanding of the Co-op structure, and ability to multi-task. This position requires a strong knowledge of basic math functions, calculators, and computers or experience with Point of Sale systems.

Stockers Self-motivated, customer service skills, and the ability to lift up to 25 lbs. Will work the floor as needed under direction of the shift lead or manager.

Price Comparison Shopper Self motivated person who will conduct weekly price comparisons of YFC products with local Yelm and Olympia markets.

Graphic artist Experienced in computer graphics required. We need a person to create flyers, cinema ads, e-mail ads and announcements. This is sporadic but critical work and typically needs short turn around.

Event planner Must have above-average communication and organizational skills. Be able to multitask, think outside the box, and troubleshoot problems. The planner must have the ability to work with all types of people and be able to visualize an event not only from start to finish, but also the steps he will take to accomplish it.

Grant Writer During these formative stages of the new Co-op vision the Co-op cannot pay for this work. The position can be reviewed every 90 days as the financial conditions of the organization change. This is a Pro Bono position.

Advertising/Promotion Director Plan and direct advertising policies and programs or produce collateral materials, such as posters, coupons, or giveaways, to create interest in the purchase of co-op store products or any other service for any part of the entire Yelm Cooperative organization. This is a Pro Bono position.

Communications/Public Relations Director He/she will produce and disseminate materials for communicating information about the Co-op and its programs; coordinate the content of the Co-op website/Facebook page and production of the Grapevine; develop and oversee the Co-op's branding and image; represent the Co-op with the media; and maintain an updated photo library and database of contacts. This is a Pro Bono position.



Yelm's Only Natural & Organic Market

Monday - Saturday
9 a.m. - 7 p.m.

Sunday
10 a.m. - 5:30 p.m.

308 Yelm Ave E, Yelm, WA 98597

Phone: 360-400-2210

Fax: 360-400-4021

E-mail: yelmfoodcoop@gmail.com

WWW.YELMFOOD.COOP



More Information

On the web

yelmfarmersmarket.yelmfood.coop

On Facebook

www.facebook.com/YelmFarmersMarket

Email

yelmfarmersmarket@gmail.com